



The Health & Wellness of New York City's LGBTQ Asians and Pacific Islanders "By Income: No Income"

Apicha Community Health Center (CHC) examined the health and wellness needs of New York City's Lesbian, gay, bisexual, transgender, queer (LGBTQ) Asian, Asian American, South Asian, Southeast Asian, and Pacific Islander Communities. 344 LGBTQ APIs responded to a confidential and anonymous survey, available in nine (9) Asian languages and scripts, as well as focus groups and individual interviews. The overall recommendations are:

- Expansion of Mental Health Services and Psychiatry
- More publicity about Free Testing for STDs / HIV/AIDS
- Health Education of Sexual Health & Hygiene
- Dermatology
- Culturally-competent, bilingual, LGBTQ-sensitive, and nonjudgmental healthcare providers

There were unique findings that LGBTQ API "No Income" respondents had identified. 6% of the total number of respondents reported having no income.

HEALTH & WELLNESS

- Among the most important **health needs**, respondents ranked: HIV/AIDS/Sexually Transmitted Diseases, Hepatitis (39%), Depression or Anxiety (28%), and Immunizations/Vaccines (13%).
- The most important needs for **Sexually Transmitted Diseases / HIV/AIDS** were: Prevention (53%), Testing (29%), and Support Services / Navigating the Bureaucracy (22%).
- Among **parents**, the most important needs for their children were: Adolescent Doctor for Primary Care (30%), Pediatric Doctor for Primary Care (11%), and Immunizations/Vaccines (11%).
- **New services** that Apicha CHC could offer in the future were: Anal Health (31%), Labia/Clitoris Maintenance (23%), Dermatology (19%), and Vision (13%).
- The most important **well-being** needs were: Emotional Health (53%), Getting a Primary Care Physician (PCP) and LGBTQ+ API Friendly Pharmacy (17%), Health Insurance Enrollment (11%), and Food Stamp Enrollment (6%).
- The most important health and wellness **needs in general** were: Depression or Anxiety (29%), Finances (Money for Food, Rent, Jobs) (29%), and Finding an LGBTQ-Sensitive Asian Doctor (13%).

HEALTH EDUCATION AND PHARMACEUTICAL NEEDS

- The most significant **barriers** or “social determinants” to addressing these health/well-being needs were: Finances (Ability to pay for services) (31%), Having ADHD/ADD/OCD/PTSD (23%), Finding an LGBT-Sensitive Asian Doctor or other Health Care Provider (21%), and Finding a Health Care Provider who is Covered by Insurance (In-Network) (20%).
- The health/well-being needs that respondents most want to **learn about** were: Addiction (Smoking, Alcohol, Crystal Meth, etc.) (31%), Mental Health (21%), ADD/ADHD/OCD/PTSD (17%), and Emotional Issues/Anxiety/Depression (18%).
- The most important **pharmaceutical needs** were: ADD/ADHD/OCD/PTSD (42%), Depression or Anxiety (38%), HIV/AIDS Prevention (29%), and Immunizations/Vaccines (13%).

HEALTH AND WELLNESS OF SURVEY RESPONDENTS

- When asked how they felt about their overall **physical health**, they responded: Very Good (10%), Good (40%), Fair (40%), Poor (10%), and Very Poor (0%).
- About their **mental / emotional health**, they responded: Very Good (10%), Good (25%), Fair (40%), Poor (10%), and Very Poor (15%).
- Trying to eat a healthy/balanced diet (70%); Regular exercise (55%); Self-Care (25%); Trying to start a family / having children (0%).
- Smoking/Vaping (10%); Drinking more than 2 alcoholic drinks (10%) and 2 sugary drinks per day (25%); Party Drugs (5%); Other drugs (25%); Hard drugs (5%).
- Sex without condoms or dental dams (and not on PREP) (25%); Sell or exchange sex for money, drugs, or other (5%); Buy, pay, or exchange money, drugs, or other for sex (0%).

DEMOGRAPHIC PROFILE OF NO INCOME RESPONDENTS

Ethnicity – Most were Chinese (55%), Japanese (15%), Indian (15%), and Korean (5%).

Sexual Orientation – Most selected Gay (35%), “Bisexual/Pansexual/Fluid” (25%), Queer (25%), “Asexual” (15%), and “Lesbian” (10%). **Gender Identity:** Male (40%), Non-Binary/More than One Gender/No Gender (40%), and Female (30%). **Disability** – 22% said that they had some physical, mental, developmental, or behavioral disability.

Age: 18-24 (60%), 25-34 (30%), 45-54 (5%), 55-64 (5%). **Native Language:** English (70%), Chinese-Cantonese (20%), and Chinese-Mandarin (15%). **Income:** No Income-Student (60%), No Income-Unemployed (35%), No Income-On Public Assistance (5%).

Education: 45% obtained a Bachelor's Degree, 20% High School or Equivalent, 15% Some College, 15% Master's Degree, and 5% Associate Degree. **Special Group Affiliation:** Student (67%), Youth (18 to 25) (56%), Transgender/ Gender Non-Conforming (39%), and Immigrant (22%). **Borough:** 45% reside in Brooklyn, 35% in Manhattan, and 20% in Queens.

*Apicha Community Health Center improves the health of our community and increases access to comprehensive primary care, preventive health services, mental health, and supportive services. **To make an appointment, got to www.apicha.org***